

# 2024-2025 Winter Sports Information

Registration for Winter Sports will open on October 9, 2024

<https://lakewashington-wa.finalforms.com/>

Payments for Flag Football, Swim and Wrestling will be accepted beginning October 9, 2024

Payments for Basketball and Gymnastics will be accepted once try-outs are completed.

**First Day of practices/try-outs:**

**Gymnastics - Monday, November 11**

**All other Winter Sports – Monday, November 18**

To be cleared for the first day of try-outs/practices you must submit all required information and complete the online registration in FinalForms by the following dates:

<b>Sport</b>	<b>Start Date</b>	<b>Registration Deadline</b>
Basketball (Men's) Try-outs 11/18-11/19	Monday, 11/18/24	<b>Sunday, 11/17/24</b>
Basketball (Women's) Try-outs 11/18-11/19	Monday, 11/18/24	<b>Sunday, 11/17/24</b>
Flag Football (Women's)	Monday, 11/18/24	<b>Sunday 11/17/24</b>
Gymnastics Try-outs 11/11-11/12	Monday, 11/11/24	<b>Friday, 11/8/24 (by 3:00PM)</b>
Swim & Dive (Men's) ****	Monday, 11/18/24	<b>Sunday, 11/17/24</b>
Wrestling	Monday, 11/18/24	<b>Sunday, 11/17/24</b>

**\*\*\*\*Swim Team Safety Expectations: \*\*\*\***

For the safety of the swimmers and coaches, it is expected team participants can swim AT LEAST 50 yards of continuous freestyle with face in the water, 50 yards continuous backstroke, are comfortable swimming in the deep end of the pool and have a basic knowledge of all four competitive strokes (butterfly, backstroke, breaststroke, freestyle).

## Cut Sports

Basketball and Gymnastics are cut sports at Juanita High School, there is no guarantee your student will make the team. ASB fees are required for try-outs, but Participation fees are not accepted until your student is placed on the roster following tryouts. Full payment will be due by 12:30 PM, Monday, November 25 to continue practicing with the team. ***If making the payment in full is not possible, other arrangements will need to be made with the bookkeeper prior to try-outs.*** You may pay by credit/debit card thru the LWSD Online Payment System (<https://wa-lakewashington.intouchrecepting.com>) or pay at the bookkeepers' window during office hours. ***Financial Assistance Information is on page 2***

**\*\* Winter Sports Parent Meeting \* Wednesday, November 20 \* 7:00PM in the Commons \*\***

## Eligibility Process

- Sports fee (\$250) and ASB fee (\$60, if not already purchased for the 2024-2025 school year) paid to the bookkeeper or payments can be made online thru the LWSD Online Payment System <https://wa-lakewashington.intouchreceipting.com> Student account must be clear of all fines to participate. If your family has hit the \$750 same school family cap on Athletic Participation Fees for the current school year, contact the bookkeeper prior to payment to have your fees adjusted. (Summer Sports Fees do not count towards the family or individual cap)
- The initial grade check will be completed using current 1st semester grades. **(Running Start, Online School, Private School and Home School students will need to submit a copy of their current grades to the JHS Athletics Office between Nov 18--Nov 22).**
- Online registration is completed through FinalForms <https://lakewashington-wa.finalforms.com/> ***Have your insurance and any other health information near you before you begin the registration process. A reminder that students must also sign electronically through their LWSD student email.***

**You may only register for ONE sport per season. If you are trying out for a cut sport, select that sport. After try-outs you have the option to move to a non-cut sport if you do not make the team.**

- A current physical is required to be on file in the JHS Athletics office. Physicals are good for 2 years from the examination date. If you do not have a physical, you may print a [physical form](#) from the JHS Athletics Eligibility Page to take to your physician or pick one up in the athletics office. The physical must be uploaded into FinalForms or returned to the Athletics office, **coaches cannot accept paperwork.**
- Payment - If you are signing up for a **cut** sport (Basketball or Gymnastics) you do not pay the sports participation fee until after try-outs are over. (Payment will be due by 12:30 PM Monday, 11/25/24). If you are signing up for a **non-cut** sport (Flag Football, Swim or Wrestling) your participation fee is due prior to the first practice. You can pay online with a credit or debit card <https://wa-lakewashington.intouchreceipting.com> . If you prefer not to pay online, you may pay the JHS bookkeeper during office hours. Please note you **MUST** pay the JHS ASB fee when registering for sports even if you go to a Choice School, Private School, Online School, Running Start or Homeschool.

## 4 Ways to Pay

1. Pay in full online using credit or debit card <https://wa-lakewashington.intouchreceipting.com>
2. Pay in person to the JHS Bookkeeper using cash/check/Visa/Mastercard
3. Set up a payment plan with the JHS Bookkeeper
4. If you are approved for free and reduced lunch and have completed the consent to share form, you can make your reduced payment either online <https://wa-lakewashington.intouchreceipting.com> or in person with the bookkeeper.

If you need information on financial assistance, please follow this link:  
[How to Waive Extra-Curricular Fees - Lake Washington School District \(finalsitecdn.com\)](#)

If you have questions or need additional assistance,

**Students who try out for a cut sport and do not make the team may switch to a non-cut sport.  
Contact the Athletic Office by 3PM, Friday 11/22/24 to make the switch.**